

### **ABSTRACT**

In a method for packaging and preparing a meat product, the meat product is placed in the bag, frozen, shipped and then cooked in the bag. The bag is preferably a monolayer bag comprising a polyamide referred to as nylon 66. In  
5 highly preferred embodiments, the bag consists essentially of nylon 66 and a heat stabilizer. The bag preferably includes a first sealed end with chamfered corners. The bag is sized such that it fits snugly around the meat product and the second end of the bag is preferably held closed, e.g. with a metal band or clip. The bag remains sealed during cooking. Preferably, a gap of about one inch to about three  
10 inches forms between the meat product and the bag during cooking, which promotes browning, prevents messes, and decreases cooking time.